

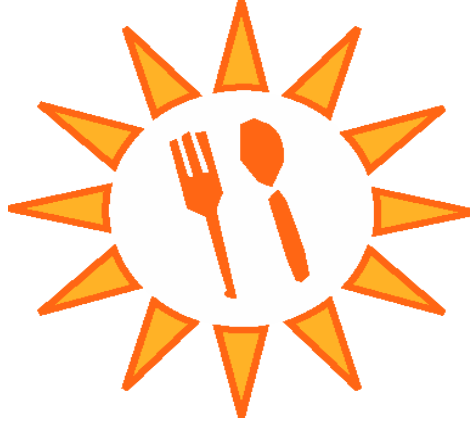
SFSP Breakfast Meal Pattern



Breakfast Meal Components



- ✓ 1 milk
- ✓ 1 fruit/vegetable
- ✓ 1 grains/breads
- ✓ 1 meat/meat alternate (optional)



- For breakfast to be a reimbursable meal, it must contain three different food items.



Offer Versus Serve

- ✓ A minimum of four required food items must be offered.
- ✓ Three must be from the required components (fruit/veggie, milk, grain).
- ✓ The fourth may be a different item from one of those components or a meat/meat alternate.
- ✓ Students must select three different of the four required food items.

Different Items

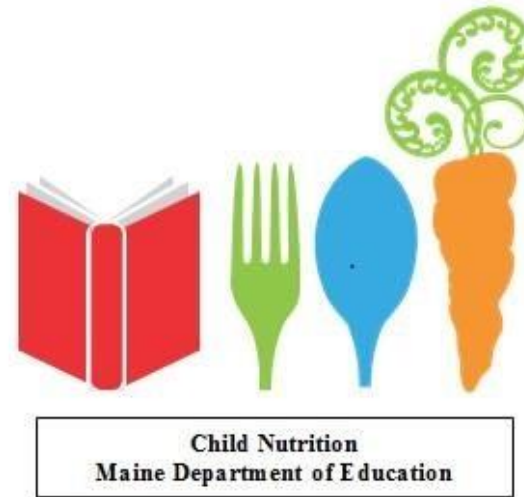
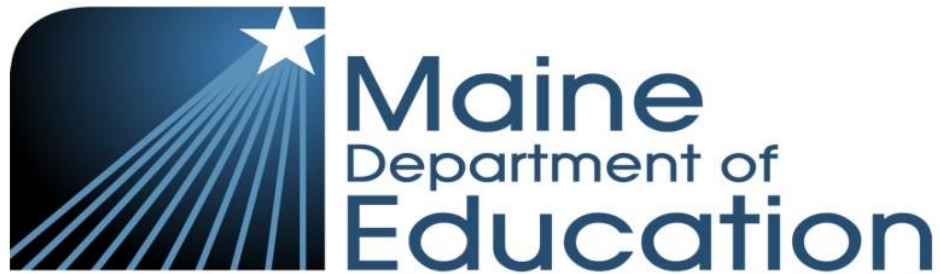
- ✓ Food items may be from the same component. A juice and apple are both from the fruit component, but are different items.

Therefore a juice, an apple, and a piece of toast is a reimbursable breakfast.

However, two juices and a piece of toast is not because this only consists of two different items.

Milk	
Milk, fluid	1 cup (8 fl. oz.)
Vegetables and/or Fruits*1	
Vegetable(s) and/or fruit(s), or Full-strength vegetable or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s), and juice	1/2 cup 1/2 cup (4 fl. oz.)
Grains and Breads: whole-grain or enriched	
Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal or Cooked pasta or noodle product or Cooked cereal or cereal grains: whole-grain or enriched or fortified.	1 slice 1 serving 3/4 cup or 1 oz.*6 1/2 cup 1/2 cup

Meat and Meat Alternates	(Optional)
<p>Lean meat or poultry or fish or alternate protein product</p> <p>Cheese</p> <p>or</p> <p>Eggs</p> <p>or</p> <p>Alternate Protein Product</p> <p>or</p> <p>Cooked dry beans or peas</p> <p>or</p> <p>Peanut butter or soy nut butter or other Nut or seed butters</p> <p>or</p> <p>Peanuts or soy nuts or tree nuts or seeds</p> <p>or</p> <p>Yogurt, plain or sweetened and flavored</p> <p>or</p> <p>an equivalent quantity of any combination of the above meat/meat alternates.</p>	<p>1 oz.</p> <p>1 oz.</p> <p>1/2 large egg</p> <p>1 oz.</p> <p>1/4 cup</p> <p>2 tbsp.</p> <p>1 oz.</p> <p>4 oz. or 1/2 cup</p>



<http://www.maine.gov/doe/nutrition/programs/sfsp/index.html>

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